

# TDMHDD Update

## Education Instead of Incarceration

It is a sobering and disturbing statistic - the incarceration rate of Tennesseans with mental illness is above the national average. A 1999 Federal Bureau of Justice Statistics review found a 16 percent prevalence rate of mental illness in correctional detainees.

A January 2004 survey by the Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) showed 19.1 percent of the inmate population in Tennessee county jails being diagnosed with mental illness.

"That is an alarming statistic that is unacceptable," said TDMHDD Program Specialist Liz Ledbetter. "Our goal is to decriminalize mental illness by facilitating communication and collaboration between the criminal justice and mental health systems." Ledbetter said jails are not established to provide treatment and often do not have the resources to provide access to psychiatric treatment and appropriate medications.

"The incarceration of persons with mental illness creates a drain on criminal justice resources since many of these same people rotate in and out of the system throughout their life. This revolving door adds costs to the

mental health system as it interferes with continuum of care and successful treatment outcomes."

The TDMHDD is working to reduce the incarceration of persons with mental illness and to divert those persons who are detained to treatment. The Tennessee Mental Health and Criminal Justice Training Program was established to develop interdisciplinary training that provides an overview of mental illness. The four-year program began in 2002 with research and the development of a curriculum; training began in October 2003.

Curricula and training are targeted to the specific roles of personnel in the criminal justice and mental health systems. Examples are: mental health professionals and personnel, consumers, family groups and advocacy groups, police officers, sheriff's deputies, airport security, campus police, night court magistrates, criminal court and general sessions judges, district attorney generals, public defenders, probation and parole officers.

*continued on page 2*



## MOCCASIN BEND LAND TRANSFER TO NATIONAL PARK SERVICE

The State of Tennessee has transferred approximately 220 acres of state land on the Moccasin Bend peninsula to the National Park Service for inclusion in the Chickamauga and Chattanooga National Military Park.

"The State of Tennessee is delighted and proud to see this project come to fruition," said Governor Phil Bredesen. "The transfer of Moccasin Bend land is the result of a strong commitment and cooperation among the State, City of Chattanooga, Hamilton County and the National Park Service. This property is steeped in history and culture and together we have secured its preservation. Now it is available for the education and enjoyment of future generations."

*continued on page 2*

*Above: Participants in the land transfer (from left to right) Claude Ramsey, Hamilton County Mayor; U.S. Representative Zach Wamp, Virginia Trotter Betts DMHDD Commissioner; Fran Mainella, Director, National Park Service; Pat Hooks, S.E. Regional Director, National Park Service; and Bob Corker, Mayor of Chattanooga.*





## Education...continued

Criminal Justice/Mental Health liaisons across the state use various teaching methods like classroom, professional conferences, meetings and internet access.

Impacts and outcomes are closely monitored, evaluated and measured. This allows flexibility as curriculum corrections and adjustments can be made based on analysis.

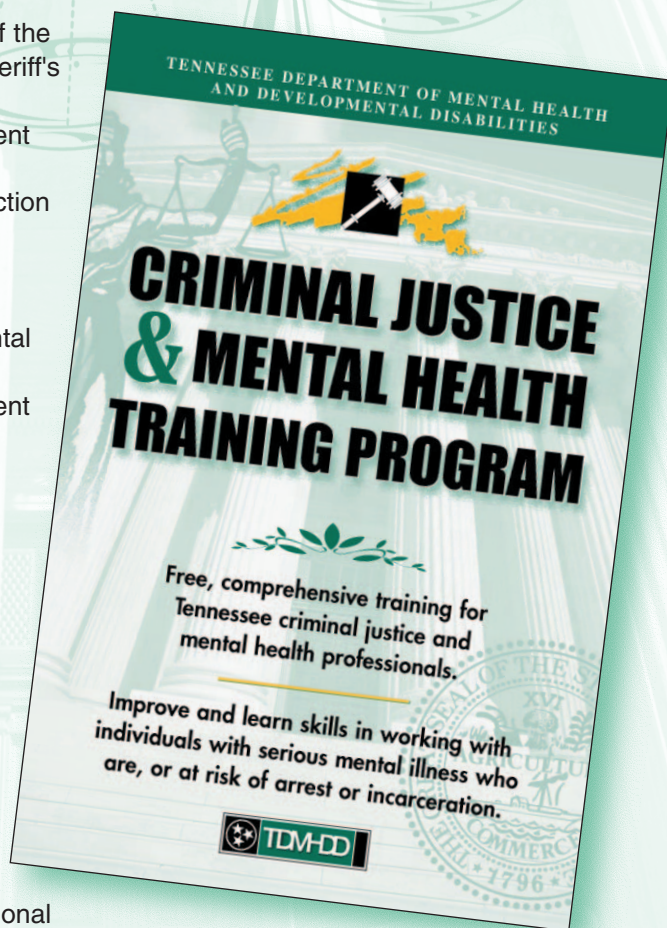
"The Mental Health and Criminal Justice Training Program offers the very best tools and curriculum," said Putnam County Criminal Justice/ Mental Health Liaison Robbie Phillips. "After classes, I am frequently told by participants that our program was the best training they have had. You can tell our work is being utilized as we have a great amount of follow-up communication with law enforcement agencies."

Major Brenda Downs of the Washington County Sheriff's Department said the education her department has received has been invaluable in the interaction of persons with mental illness.

"Many people with mental illness are arrested because law enforcement doesn't understand or recognize the illness," Downs said. "Our officers now have a better understanding of the symptoms and characteristics of psychotic and mood disorders."

The Tennessee Mental Health and Criminal Justice Training Program is funded through the national Edward R. Byrne grant distributed by the State's Office of Criminal Justice Programs, an office in the Tennessee Department of Finance and Administration.

For more information, please visit: [www.state.tn.us/mental/cj/cj1.html](http://www.state.tn.us/mental/cj/cj1.html).



## Moccasin Bend...continued

Moccasin Bend, formerly part of the Tennessee Department of Mental Health and Developmental Disabilities' (TDMHDD) Moccasin Bend Mental Health Institute, is considered by archaeologists and historians to be one of the most significant historical sites in the South.

Native Americans made the peninsula home for more than 10,000 years, leaving behind a strong documentary of their way of life and culture. During the Civil War, Union cannon on the Bend played a critical role in the Battle of Lookout Mountain. Many of those artillery entrenchments are considered the best preserved in the state.

The Moccasin Bend Mental Health Institute will retain 110 acres for its facilities and grounds. The institute, opened in 1961, serves 24 counties and utilizes 165 to 170 beds daily.

"The bond between the Tennessee Department of Mental Health and Developmental Disabilities and Chattanooga and Hamilton County could not be stronger," said Commissioner Betts. "The state has an unwavering commitment to quality mental health services in the area. We will continue our mission to provide positive outcomes for Tennesseans with mental illness."





## WOMEN & DEPRESSION

Everyone feels sad at times – there are those brief blue moods, disappointments, and of course grief. Most people think of depression as being sad and it is an associated feeling. However, depression isn't just a case of the blues; it is a serious medical illness.

"Depression should be thought of as a major illness like heart disease, asthma or diabetes, all of which have a biological and environmental component," said Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) Executive Director for Special Populations Freida Outlaw, DNSC, MSN. "It is a disease that requires medical treatment.

"It isn't something to be ashamed of, and it isn't a sign of weakness."

According to the National Institute of Mental Health (NIMH) depression affects 19 million Americans in a given year, and is the leading cause of disability in women. Women are two to three times more likely as men to experience depression. One in five women can expect to develop the illness at some time in her life, most often during the peak childbearing years (roughly, ages 25 to 44). "Medical science has some definitive findings, and the gender gap is believed to be a combination of differences in cognitive styles, biological factors, especially hormonal, and

psychological, social and economic stresses," said Outlaw. "Women are more susceptible to certain effects of depression like guilt, anxiety, eating disorders and increased sleep. Reproductive issues such as infertility, miscarriages, menopause and postpartum depression are added risks."

How do you know if you are depressed? If you feel for at least two weeks either very sad or have a loss of pleasure in activities. Also, other symptoms should be present, such as an inability to concentrate, change in sleeping pattern or weight, feelings of guilt, and restlessness or decreased activity.

The good news is you can get help for depression!

Psychotherapy and medication are the main types of treatment for depression. Cognitive Behavioral Therapy has proven to be an effective treatment because it helps the individual to rethink negative thoughts. Antidepressant medication helps to correct the imbalance of certain chemicals in the brain.

Other activities can be done to help a depressed person feel better, including exercise, improved diet, a consistent full-night sleeping schedule and a reduction or elimination of caffeine and alcohol. Outlaw says research is currently being focused on taking what we do know

about risk factors for depression and treatment to help learn what is needed to prevent the illness in women. She emphasizes that it is important to remember that depression can be accurately diagnosed and effectively treated.

"It is so very sad to know that only one of every five depressed women will seek professional assistance," said Outlaw. "With proper treatment, more than 80 percent of persons with depression can improve. There is help, there are solutions, and the enjoyment of life can return."

For more information visit the Tennessee Department of Mental Health and Developmental Disabilities at : [www.state.tn.us/mental](http://www.state.tn.us/mental).

### With a Little Help From Friends

*by Chere' Bradshaw*

Ms. H is a 27 year-old mother of two. And, she has a diagnosis of depression and alcoholism.

Ms. H has moved 12 times in one year before coming to HELPING, CDC housing in October of 2001.

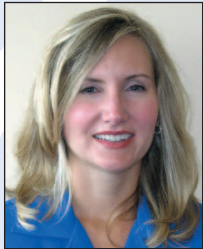
With assistance she was soon able to move into the community in March 2002 (into her own permanent housing).

In April 2002, she married a local business executive. And, as a result of the housing and support services she received, Mrs. H was able to finish her nursing degree at the University of Tennessee in May 2002.

Today, she continues to follow-up with community-based services and currently serves on the Board of HELPING, CDC.

## HAPPENINGS

### **Finlay Appointed Director of Charlotte Taylor Center**



Diana Finlay, LCSW, was appointed as director of Frontier Health's Charlotte Taylor Center in Elizabethton.

As director, Finlay will coordinate the basic operation of the site, ensure compliance with JCAHO, state licensure, health and safety and other agency policies and procedures; and provide direct services to individuals and families.

Finlay has worked for Frontier Health for nearly 15 years including director of Fairview Associates of Johnson City and as a child, adolescent and family therapist at Bristol Counseling Center. She has a master's degree in social work from the University of Tennessee and a bachelor's degree in social work from East Tennessee State University.

### **Hornberger Elected to Board**

Joel Hornberger, Chief Operating Officer for Cherokee Health Systems has been elected to the Board of Directors of the

National Mental Health Association (NMHA).

### **Park Center Celebrates 20th Anniversary**

Park Center is celebrating 20 years of providing services and programs to adults with mental illness in the Nashville area.

Congratulations and we wish you 20 more years!

### **Hall Given Lifetime Achievement Award**

Patricia Hall, Vice President of Compliance/Community Relations for the Helen Ross McNabb Center, has been honored with the Summit Award - Lifetime Achievement.

The award is given by the Bureau of Alcohol and Drug Abuse Services of the Tennessee Department of Health to recognize an individual in the state who has contributed to the field of addictions services.

Prior to joining the McNabb Center, Ms. Hall was executive director of the Detoxification Rehabilitation Institute (DRI) for over 20 years.

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